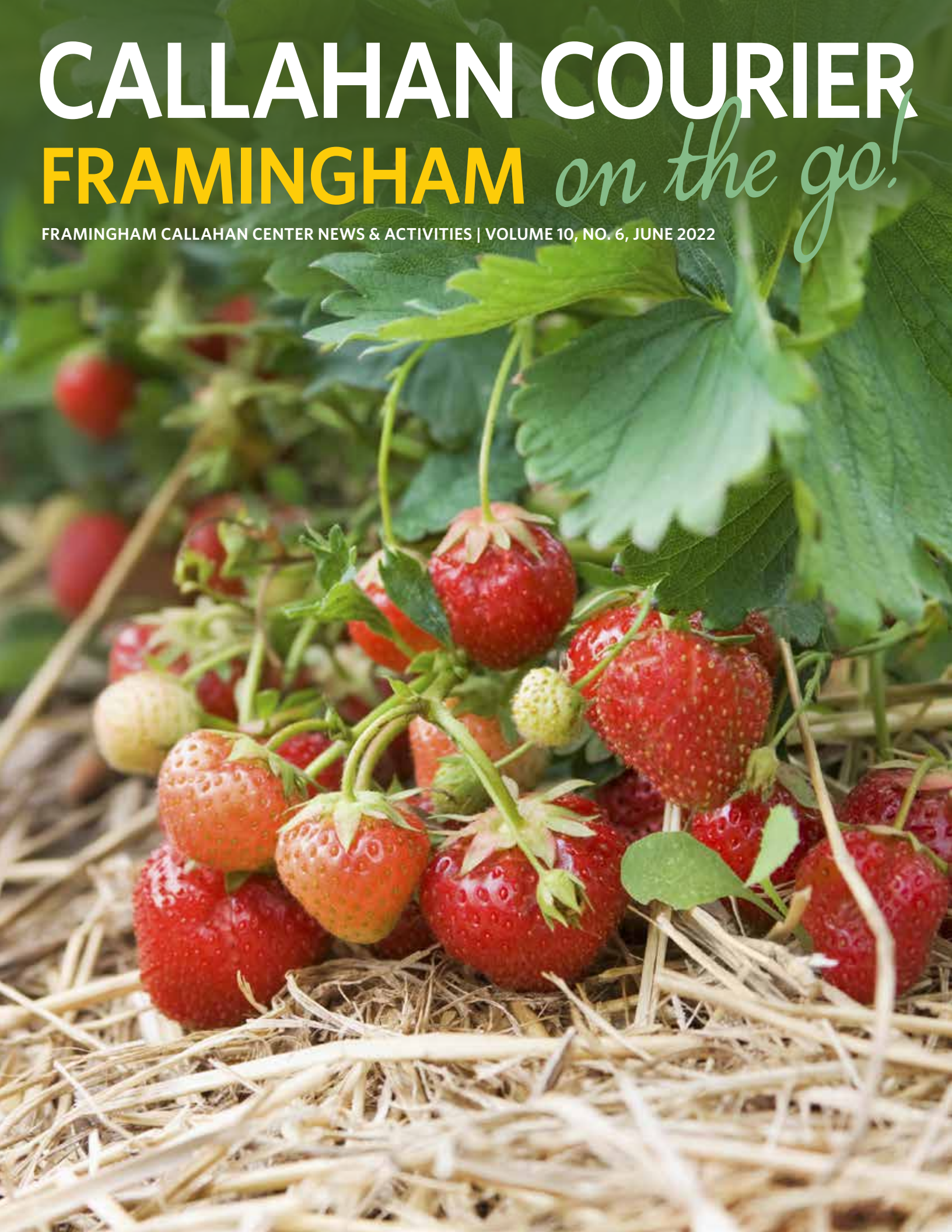


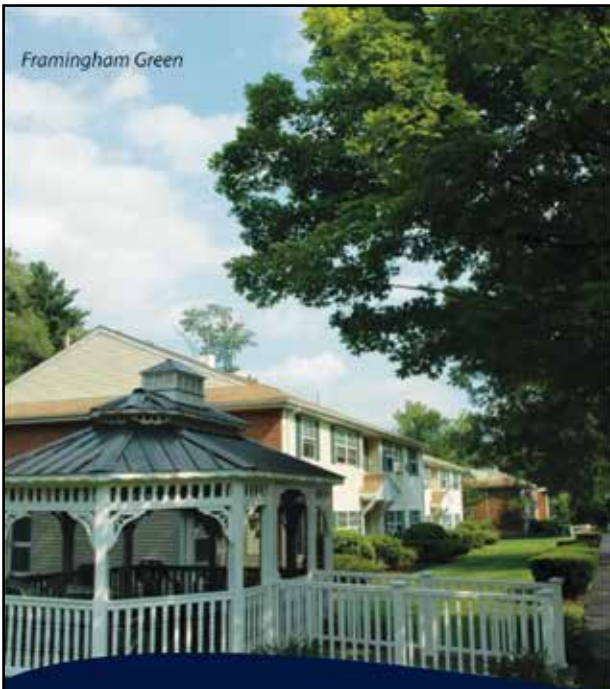
CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 10, NO. 6, JUNE 2022



Framingham Green



Irving Square



We Put The "Home" In Housing!

....

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136 Maynard Road, Framingham
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Heat and hot water included
Grand community gathering space
Scenic, landscaped setting with gazebo
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Irving Square

75 Irving Street, Framingham
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Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



An Massachusetts Rehabilitation Commission program in collaboration with CEDAC



Live More Independently at Home!

Home Modification Loan Program is a state-funded loan program that can help MA residents live more independently at home by providing loans for access and safety modifications for elders and persons with disabilities.

- Provides 0% loans up to \$50,000 to property owners and \$30,000 to owners of manufactured homes
- Generous income guidelines
- Approximately 94% of homeowners qualify for a 0% loan
- 0% loans have no monthly payments and repayment is required when the home is sold or transferred!



For more information, visit
www.smoc.org or call
Amy Cowan at 1-508-326-5349

DIRECTOR'S CORNER

Hello Everyone,

Happy Father's Day to all the men who are fathers, grandfathers, godfathers and the uncles and friends and others, who have been like a father to someone. May all the kindness, strength and support you have shown come back to you.

Celebrate Gay Pride month by attending **Rainbow Jeopardy** with Julie Nowak, LGBT Coordinator from BayPath Elder Services on June 9 at 2 pm. Bonus opportunity to win a \$25 gift card to Best Buy!

Along with sunny skies and warm weather, June brings a great array of programs thanks to the **Framingham Cultural Council, MA Cultural Council, the Friends of Callahan and Paula Geller**. Learn more about our most recently added holiday, **Juneteenth** and its significance, as recounted on June 14 via Zoom by Professor Richard Bell from the University of Maryland. Continuing in the vein of history, enjoy Part I of the American Century with details about **War, Diplomacy and the Creation of an American Empire**, in person, with Paolo DiGregorio. Learn from Professor Edward O'Donnell about **Immigration and the Uneasy Making of Multicultural America**, on Zoom.

In the area of arts: **Robert Frost** is this month's featured Great American writer, as America's premier poet via Zoom with Larry Lowenthal. Finish off the month with Part I of **Classics from Around the World**, focusing on European folk music traditions with Sivan Etedgee, in person at Callahan.

If travel and adventure are more your fancy, come share the global adventures that Joy Winkie Viola, a neighbor from Wayland and her husband had over the years at, **From Schnitzel to Nockerln. Taking Control of your Financial Future: A Legal Checkup** with Attorney Philip Benjamin will give lots of useful information.

If getting out into fresh air is more your thing - **Bocce** is back on Mondays at 9 a.m. at the courts along Dudley Road, across from the entrance to Cushing Park.

We wish you all a happy and healthy summer and would love to see you here at the Center or hear from you by phone or email.

Grace

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**
Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging

Hours of Operation:

Monday, Wednesday, Thursday 8:30 a.m.-4:30 p.m.
 Tuesday 8:30-7:30 p.m., Friday 8:30 a.m.-1:30 p.m..

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE

The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

CALLAHAN CENTER STAFF

STAFF

Grace O'Donnell, MS, Director of Elder Services
 Randy Aylsworth, MS, Assistant Director
 Paula Geller, Programs Manager
 Ralph Dunlea, Computer Room Coordinator
 Carol Glover, Front Desk Receptionist
 Mary Kenney, Front Desk Receptionist
 Diane Krueger, Front Desk Receptionist
 Patty Bird, Front Desk Receptionist
 Paul Gambrazzio, Van Driver
 David Higgins, Van Driver



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SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
 Cheryl Lavalley, LICSW, Assistant Social Services Supervisor
 Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
 Sam Swisher, MBA, Outreach Volunteer Coordinator
 Alana Dundon, Bilingual Outreach/DME Coordinator
 Deb Bourque, BA, CDP, Continuing Connections Program Assistant

SHINE

Michelle Gucciardi, MetroWest Regional SHINE Director
 Emilihana (Amy) Gomes, MetroWest SHINE Asst. Program Coordinator

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin

Members:

Brenda Diaz, Thomas Grove,
 Audrey Hall, Mike McGibbon,
 Betty Muto, Jennifer Rich,
 Linda Schwartz, Brian Sullivan,
 Glenda Thomas, Ruthann Tomassini

COA Board Meeting
June 14, 1:30 p.m.

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The Callahan Center will be closed on Monday, June 20 in honor of Juneteenth Day. To learn about the significance of Juneteenth Day, join us ON ZOOM on June 14 for a special presentation by Professor Richard Bell. See page 5 for more information.

JOIN US ON TUESDAY EVENINGS

Callahan Center is now open on Tuesday evenings until 7:30 p.m. As a result, the Center will close on Fridays at 1:30 p.m. These hours will be in effect through October 28.

UNION AVE. CONSTRUCTION

Please allow extra time for travel to/from the Callahan Center as work along Union Ave. continues.

A NOTE ABOUT THE SUMMER

The Callahan Center is air conditioned during the summer. While we strive to keep the building comfortable for all, it may be helpful to bring a sweater or light jacket with you to programs.

FRIDAY NIGHT SUMMER CONCERTS ON THE COMMON

Framingham Parks & Recreation presents the 2022 Friday Night Summer Concert Series on the Framingham Centre Common located at Edgell Road and Oak Street, Framingham. The concert series will be held every Friday evening, weather permitting.

- June 24 and July 1, 8 & 15: Concerts start at 6:30 pm
- July 22 & 29 and August, 5, 12 & 19 (rain date): Concerts start at 6 pm

To view the concert lineup and additional info, please visit www.framinghamrec.com.

SPECIAL PROGRAM TAKING CONTROL OF YOUR FUTURE:

A LEGAL CHECKUP

Tuesday, June 30, 1:30 p.m.
See page 7 for details.



CALLAHAN FREE CHROMEBOOKS & INTERNET CONNECT YOU TO FAMILY, COMMUNITY AND MORE



Pam (l) pictured with Callahan Computer Rm. volunteer Irene (r) is making the most of Callahan's free Chromebook and internet program. Having the internet and Chromebook has enabled Pam to participate on Zoom with her meditation group, apply for a part-time job and discover the Google suite of applications. She's looking forward to learning how to use library apps like Kanopy and Libby. Callahan Center volunteers can teach you how to use a Chromebook, so that you can Zoom with family and friends and pursue your interests online! These devices are larger than a cell phone but smaller than a computer. They're free to borrow for up to 12 months AND - through 2022 - free data plans are available for people who are 60 and older and meet income guidelines. **To learn more, contact Sam Swisher at 508-532-5980, ext. 4113.**

Please be aware that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are canceled by the Center.

UPDATED INFO ABOUT COVID 19

People with Medicare Part B, including those enrolled in a Medicare Advantage Plan, can now get **free over-the-counter COVID-19 tests** - up to eight tests per calendar month - from participating pharmacies and healthcare providers for the duration of the COVID-19 public health emergency. Seniors should check with their pharmacy or health care provider to see if they are participating.

DO YOU KNOW WHAT TO DO IF YOU'VE BEEN EXPOSED TO SOMEONE WITH COVID?

The CDC has a new, online Quarantine & Isolation Calculator that can help determine how long you need to isolate, quarantine, or take other steps to prevent spreading COVID-19. On Google, search CDC Isolation Calculator or visit: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

SECOND BOOSTER AVAILABLE FOR AGES 50 & OLDER

The U.S. Centers for Disease Control and Prevention has recommended that certain immunocompromised individuals and all individuals over the age of 50 get an additional booster dose of COVID-19 vaccines. Individuals 50 years of age and older, are eligible for the second booster at least 4 months after getting a first booster. For the list of locations to receive a booster and to book an appointment, visit vaxfinder.mass.gov or call 2-1-1 and follow the prompts.



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CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS

Please call the front desk at 508-532-5980 to register.

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.



In honor of Juneteenth Day JUNETEENTH: THE DESTRUCTION OF SLAVERY IN THE CIVIL WAR

Tuesday, June 14, 1 p.m.

Presented by: Professor Richard Bell
Register by 6/10

Over the course of four years, enslaved people worked to turn the Civil War into a freedom war. Slowly but surely, they pushed President Abraham Lincoln and his commanders in the field toward embracing emancipation as a war aim and to compel them to take the giant steps forward needed to abolish slavery once and for all. On June 19, 1865, the federal government finally met that objective, declaring slavery dead across the country. This momentous event marked a new birth of freedom—an occasion we now commemorate as Juneteenth.



VIRTUAL

Richard Bell is a Professor of History at the University of Maryland. He has held major research fellowships at Yale, Cambridge, and the Library of Congress and is the recipient of the National Endowment of the Humanities Public Scholar Award.

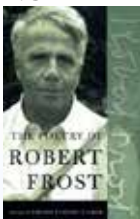
GREAT AMERICAN WRITERS

ROBERT FROST

Thursday, June 16, 1:30 p.m.

Presented by:
Dr. Larry Lowenthal
Register by 6/14

Robert Frost is considered by many critics to be America's "premier poet." Frost's colorful life includes his boyhood in San Francisco, his young manhood in rural



VIRTUAL

New England, his college days at Dartmouth and Harvard, the years of farming in New Hampshire, and his three-year sojourn in England where he befriended some of the most important poets of the century. Upon his return to America, Frost rose to astounding fame, evolving from poet to cultural icon. Presenter Larry Lowenthal received an M.A. in English Literature from Northwestern and Ph.D. in Drama from NYU. During his career, he taught at colleges and universities in the U.S. and Israel.

PART 1: THE AMERICAN CENTURY

Tuesday, June 21, 6 p.m.

Presented by: Paolo Di Gregorio **IN-PERSON**

Register by 6/17

**War, Diplomacy
and the Creation
of an American
Empire.**

In the aftermath of the Civil War, the United States rebuilt, recovered, and became a leading economic and industrial power. By the end of the 19th century, the US also emerged as an important player in global politics. Presenter Paolo Di Gregorio will look at the expansion of American influence on the world stage. Di Gregorio is an historian, archaeologist and educator with a passion for telling the stories of our past. He is a Visiting Lecturer in the History Dept. at Bridgewater State and an instructor in the Anthropology and History Departments at Wheaton College.



IMMIGRATION & THE UNEASY MAKING OF MULTICULTURAL AMERICA

Monday, June 27, 1 p.m.

Presented by: Professor Edward T. O'Donnell
Register by 6/24

Why have so many millions come to the U.S.

VIRTUAL

and how has each wave transformed American society? And why, despite our acclaim to being "a nation of immigrants," have Americans historically despised each wave of newcomers? This presentation explores the key periods of immigration in U.S. history, the major immigrant groups that arrived, their struggles to earn a living and adjust to new surroundings, and the contributions they made to American life.



Edward T. O'Donnell is a history professor at Holy Cross College in Worcester, MA. He is the author of several books and hosts a popular U.S. history podcast, *In The Past Lane*. He also writes history-themed feature and opinion pieces for the *Huffington Post*, *Newsweek*, and the *New York Times*.

CLASSICS AROUND THE WORLD-

PART 1

Tuesday, June 28, 6 p.m.

Presented by:
Pianist Sivan Etedgee
Register by 6/27

Join us for the first in a three-part series featuring music by composers from four continents. Learn about composers both familiar and unfamiliar, and how their music reflects the composer's national identity, heritage, and homeland. This program will feature music influenced by European folk music traditions - including compositions by Chopin, C.P.E. Bach, Grieg, and Bartok. Presenter Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer. Committed to making classical music enjoyable for everyone, he establishes an easy rapport with his audiences, giving commentary on the music throughout his concerts.



IN-PERSON

RAINBOW JEOPARDY

Thursday, June 9, 2 p.m.

Host & Emcee: Julie Nowak, LGBTQ+ Initiative Coordinator, BayPath Elder Services
Register by 6/8

Cheering on trans activist Amy Schneider during her epic winning streak inspired us to create this FUN event as part of our Pride Month celebration! Test your knowledge of LGBTQ leaders, authors, celebs, and change-makers who have shaped our history. Have fun guessing the answers and learn with us. **BONUS:** Everyone who plays will be given a ticket for our Rainbow Raffle! **The winner will receive a \$25 Gift Card to Best Buy!**



IN-PERSON

FROM SCHNITZEL TO NOCKERLN

Thursday, June 23, 1:30 p.m.

Presented by: Joy Viola, Author
Register by: 6/22

Wayland resident Joy Winkie Viola will share her new book recounting her global adventures with her late husband. The book is a tale of adventure that spreads from the rain forests of Trinidad to the outback of Australia and all the way to Antarctica. It is a story of travel by horseback, combi, tundra buggy, and small aircraft to photograph and write about the natural world on all seven continents. Joy Winkie Viola obtained a BA and MA from the Univ. of Minnesota School of Journalism. Upon graduating, she began a

IN-PERSON



33-year career at Northeastern University where she met her Chemistry Professor husband, Alfred. Together they began a life-long hobby of international travel, nature photography and birding. Alfred passed from COVID in 2020.

FITNESS & WELLNESS

PLEASE NOTE: Did you know that many insurance providers offer a reimbursement for fitness classes? Check with your health plan provider for details and reimbursement instructions. By swiping your card at the kiosks in the lobby, we're able to generate the report that most insurers require.

**ON ZOOM AND IN PERSON!****MINDFUL LIVING & MEDITATION WITH LISA CAMPBELL**

ON ZOOM: Mondays, 10:30-11:30, \$3/class

IN PERSON: Wednesdays, 11 a.m.-noon, \$3/class

Instructor Lisa Campbell is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. Each week is a combination of mindful awareness practices, breathing techniques and meditations that help nurture a positive mindset, actively work with tension and anxiety, and so much more.

To register for the class on Zoom, please email Paula at pgeller@framinghamma.gov.

CHAIR YOGA WITH REBECCA REBER

ON ZOOM: Tuesdays, 4:30-5:15 p.m., \$3/class

IN PERSON: Fridays, 11 a.m.-noon, \$3/class

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. As with many forms of exercise, it can be modified for people of varying abilities. Rebecca Reber has been leading chair yoga classes for older adults at senior centers throughout the MetroWest area.

To register for the class on Zoom, please email Paula at pgeller@framinghamma.gov.

FIRST FRIDAYS STRETCH WITH ANTHONY

Friday, June 3

Please note: We will be sharing a recording of Anthony's class in June, July and August. A link to the recording will be emailed to participants for access on the first Friday of each month through the summer.

VIRTUAL

STRENGTH TRAINING/CARDIO WITH DELANEY

Mondays, Wednesdays & Fridays, 9:30 a.m. \$3 per class

We will use large muscle groups in rhythmic motions to help you strengthen your core and burn calories. The class will encompass a warm-up followed by workouts focusing on the upper body, lower body, and core. Participants may use hand weights and resistance bands if you have them.

TAI CHI WITH JON WOODWARD

Mondays, 12:30-1:30 p.m., \$4 per class

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. Although no prior experience is necessary, this class involves one hour of movement without the assistance of a cane/walker.

ZUMBA WITH SUSAN CRAVER

Tuesdays & Thursdays, 11 a.m., \$3 per class

Zumba mixes Latin rhythms and easy-to-follow moves, so you have fun while exercising. Instructor Susan Craver has been teaching dance for over 25 years.

AEROBICS WITH ANTHONY

Tuesdays, 9:30-10:15 a.m., Free

This weekly, low-impact aerobics class combines the benefits of strength training, cardio and stretching. Movements can be done from a standing or seated position. You may use light hand weights if you have them.

CALLAHAN FITNESS CENTER

Mon, Wed, Thurs, 9 am-4 pm;

Tues, 9 am-7 pm; Fri, 9 am-1 pm

Try our suspension elliptical, treadmill, rower or exercise bikes! The Callahan Fitness Center features eight state-of-the-art fitness machines. The Fitness Room is

open to adults age 55+. You must first register by completing a waiver and release form available at the front desk. A \$2 admission fee enables users up to 50 minutes of access to the equipment at a time.



Thanks to the Callahan Knitters for their donation of beautiful, handmade lap blankets to residents of local assisted living and long-term care facilities. The group welcomes all knitters to their monthly meetings at Callahan. To learn more, please call Paula at 508-532-5980, ext. 4110. Pictured above from L to R: Carlyn, Wendy, Carolyn, Angelina, Leslie, and Irene.

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PROGRAM SPOTLIGHT

TAKING CONTROL OF YOUR FUTURE:

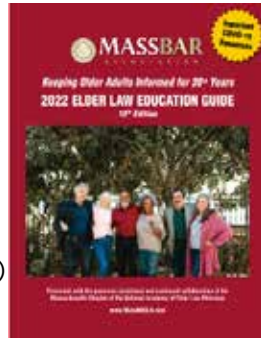
A LEGAL CHECKUP

IN-PERSON

Thursday, June 30, 1:30 p.m.

Presented by: Attorney Philip Benjamin

This program will focus on critical aspects of estate planning, including Wills, Durable Powers of Attorney, Health Care Proxies, Trusts, documents for end of life decision-making and generally how to ensure your wishes are carried out, both while you are alive (in case of disability or incompetence) and after your death. There will be plenty of opportunity for questions. Attorney Benjamin is a partner at the law firm of Benjamin & White, P.C. in Framingham, Massachusetts, where he has practiced law for the last 39 years focusing on estate planning, probate administration and elder law issues. He regularly speaks to senior citizen groups about estate planning and long-term care planning. The program is sponsored by the Mass. Bar Association and the Mass. Chapter of the National Association of Elder Law Attorneys.



STARTING IN JUNE...

CALLAHAN BOCCE, Mondays, 9 a.m.

Join us each week for bocce at the outdoor court located on Dudley Road (across the street from the Chapel at Cushing Park). Weather permitting. For more information, please call Beverly at 508-545-1068.

LEARN HOW TO PLAY PINOCHLE

Would you like to learn how to play Pinochle? Please contact Paula at 508-532-5980, ext. 4110 or email pgeller@framinghamma.gov to sign up for our introductory class. Once you've learned the game, join the ongoing, weekly group held at the Center on Monday and Tuesday mornings.



*Bridge anyone?
Join the Contract Bridge
players on Tuesday mornings
at 8:45.*

*Or consider an afternoon
game of Duplicate Bridge on
Tuesday afternoons at noon.*

DISCUSSION GROUPS, GAMES & MORE

IN-PERSON ACTIVITIES:

ASK THE COMPUTER EXPERTS: Thursdays, 10 am-noon

BINGO: Wednesdays, 1-3 pm, please plan to arrive earlier to purchase cards. Game starts promptly at 1.

BLOOD PRESSURE CLINIC: Wednesdays, 9-noon

BOCCE: Mondays, 9 am (Bocce Courts at Dudley Road, weather permitting)

BOOK DISCUSSION GROUP: Thursday, June 2, 1:30-2:30 pm

CHAIR VOLLEYBALL: Tuesdays, 12:30 pm

COMPUTER ROOM: M,W,Th, 9-4; Tues, 9-7 pm; Fri, 9-1 pm

CONTRACT BRIDGE: Tuesdays, 8:45 am-noon

DUPLICATE BRIDGE: Tuesdays, noon-3 pm

CRIBBAGE: Thursdays, 9:30 am-11:30 am

DISCUSSION GROUP: Thursdays, 11 am-12:30 pm

GENEALOGY GROUP: Mondays, 1-4 pm

GOLF: Tuesdays, 9 am, Southborough Golf Club, weather permitting

GRUPO LATINOAMERICANO: Thursdays, 10:30 am-12:30 pm

KNITTERS: Friday, June 24, 10:30 am-noon

MAH JONGG: Tuesdays & Thursdays, 10:30 am-1 pm

MARY MAKE DO (sewing/quilting): Mondays, 10 am-4 pm

OPEN SEW: Fridays, 9 am-1 pm

PINOCHLE: Mondays and Tuesdays, 9-10:30 am

POKER: Fridays, 9-11 am

POOL TABLES: M,W,Th, 8:30 am-4 pm; Tues, 3:30-7 pm;

Fri, 8:30 am-1 pm (Pls. note change to Tuesday schedule)

RED HAT HONEY BEES: Tuesday, June 28, 1-4 pm, \$2 per month

SCRABBLE: Mondays, 12-3 pm

SPORTS FANATICS: Mondays, 10 am

TABLE TENNIS: M,W,Th, 8:30 am-4 pm; Tues, 8:30 am-7 pm;

Fri, 8:30 am-1 pm

PROGRAMS CONTINUING ON ZOOM:

CONVERSATION & HUMOR: Fridays, 12:30 pm

TRAVEL DISCUSSION GROUP: Wednesday, June 8, 3:30 pm

*Are you ready to rightsize to a smaller or newer place?
Are you overwhelmed at the thought of de-cluttering
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SOLD

BETTER BREATHERS GROUP

Wednesday, June 8, noon-1pm

**BEREAVEMENT
SUPPORT GROUP**

Tuesdays, June 14 & 28, 1 p.m.

This group, led by Bereavement Clinician Jeanie Cooper-Carson, M.A., Ph.D., is offered in partnership with Good Shepherd Community Care. The group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108.

CAREGIVER SUPPORT GROUP

Thursday, June 23, 2-3 p.m.

If you are interested in learning more about this group, please contact Cheryl Lavallee, LICSW, at 508-532-5980, ext. 4134.

**GRANDPARENT
SUPPORT GROUP**

Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

LOW VISION GROUP

Join in person or via Zoom!

Wednesday, June 15, 11-12:30 p.m.

For more information please call the front desk: 508-532-5980, ext. 0.

**PARKINSON'S SUPPORT GROUP
ON ZOOM: Tuesday, June 7, 1-2 p.m.**

IN PERSON: Tuesday, June 21, 1-2 p.m.

Please call Lisa at 508-532-5980, ext. 4108 for more information.

WE CAN HELP

Callahan's Social Service Department is knowledgeable about LGBT community resources and services available to older adults. Social workers can assist older adults in negotiating the senior landscape. Please reach out to us at 508-532-5980.



For information about BayPath Elder Services LGBTQ+ Initiative and Pathways events for LGBTQ+ folx and SOFFAs (Significant Others, Family, Friends, and Allies), please contact LGBTQ+ Initiative Coordinator Julie Nowak on BayPath's confidential LGBTQ+ helpline at 508-573-7288 or at jnowak@baypath.org.

CONNECT & SAVE

Financial assistance available toward internet service.

The Affordable Connectivity Program (ACP) is a benefit program to ensure that households can afford the broadband they need. The ACP provides a discount of up to \$30/month toward broadband service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. Specific terms apply. To learn more, visit www.fcc.gov/acp or call 877-384-2575.

**ARE YOU IN NEED OF MEDICAL
EQUIPMENT?**

Durable Medical Equipment (DME) loans and donations have resumed at the Callahan Center. **It is important to call in advance to reserve a requested item, as our inventory is limited.** Contact Social Services at 508-532-5980, ext. 2. All messages will be returned within 1 business day. (Donations of gently-used and cleaned items are accepted during business hours listed on page 3.)

HEALTH RESOURCES

It is important to care for yourself and manage your mental and physical health. Below are a few helpful, local resources.

**METROWEST CARE CONNECTION
A Hub for Health & Social Services**

MetroWest Care Connection integrates local ambulatory and outpatient healthcare systems including mental health, substance use, primary physical healthcare, and social services such as housing and nutrition. To explore this new referral management resource, visit <https://www.bhpmw.info/metrowesthub> and enter your zip code. To connect by phone, call 1-844-528-6800, Monday through Friday, 9 am-5pm.

Advocates Psychiatric Emergency

Services: Crisis team provides assessment and intervention via telephone and video for those experiencing a mental health and/or substance use emergency. Available 24 hours a day at 800-640-5432. Virtual support groups also available.

Call 2 Talk offers mental health, emotional support, and suicide prevention. Assistance is available 24 hours a day. Call: 2-1-1 or (508) 532-2255 or Text: C2T to 741741

LGBTQ Parent & Caregiver Helpline:
866-427-3524

Veteran's Crisis Line: 800-273-8255

Network of Care Massachusetts:
Comprehensive statewide online resource - <https://massachusetts.networkofcare.org/mh/index.aspx>



CARLYLE HOUSE

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Carlyle House is proud to be serving the community for over 30 years.

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.



FARMERS MARKET COUPONS

We anticipate that Farmers Market Coupons will arrive mid to late July. Please call Lisa at 508-532-5980, ext. 4108 and leave your full name and phone number. Criteria includes: Framingham resident 60+ who receives SNAP, Fuel Assistance, SSI, Mass Health/Medicaid benefits OR meets Federal Poverty Guidelines. ONE COUPON BOOKLET PER HOUSEHOLD.

STILL NEED THE COVID-19 VACCINE OR BOOSTER?

Thanks to generous funding from Older Americans' Act funding administered by BayPath Elder Services and the CARES Act, Framingham residents age 60+ may request free taxi service to get the COVID-19 vaccine. Contact Sam Swisher at sps@framinghamma.gov or call 508-532-5980, ext. 4113 and leave a message.

IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!

Many people over the age of 60 are eligible for SNAP and don't use it. **This could mean as much as \$100 per month available to buy groceries.** The money you save on your grocery bill could be put towards other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.

THANK YOU BAYPATH ELDER SERVICES!

Thanks to Title III Older Americans Act funding, administered by BayPath Elder Services, the Continuing Connections program is available during this year free of charge to its participants. We are grateful for this funding and the generosity of participants who have provided voluntary donations to the program.



FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS!

*FREE CALLAHAN SHARED-RIDE VAN:

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. to Thurs. 9 am to 3:30 pm and Fri. 9 am to 1:30 pm. Call the Callahan Center at 508-532-5980 to initially register for van service. **Once your registration is confirmed, contact the MWRTA Call Center at 508-820-4650 to schedule rides. (*Be aware the return to \$2 fares each way may be reinstated at some point in the future - we will keep you informed.)**

FREE TAXI SERVICE AGE 60+:

Do you need to get to a destination beyond Framingham and need someone else to drive you or you can't afford the taxi fare? The Callahan Center has been able to utilize funds from Metrowest Health Foundation and the Community Development Block Grant to provide Framingham residents ages 60+ with **FREE** round-trip taxi rides from Tommy's Taxi beyond Framingham's borders for medical appointments and other necessities. **It is essential to call at least one week in advance to request this service.** Weekend and evening service may be possible. If you have appointments in Boston's medical area or transportation needs to communities beyond Framingham, please contact Sam Swisher at 508-532-5980, ext. 4113.



MEDICARE QUESTIONS?

Are you turning 65 in the next three months?
Are you over 65 and need to enroll soon?
Do you understand your Medicare deadlines and options?
Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the **SHINE** (Serving Health Insurance Needs of Everyone... on Medicare) program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Callahan Center at 508-532-5980, ext. 0. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.



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FRIENDS BOARD MEMBERS

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Recording Secretary.....Elaine Murphy
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Assistant Treasurer.....Michelle Nicholas
Event Chair.....Sheila Watnick
Membership Chair.....Norma Kramer
Sunshine Lady.....Carol Lach

Members:

Roger Appell, Karin Beth, Jim DeSimone,
 Chris Lorant, Bea Mooar, JoAnn Morse

FRIENDS BOARD MEETING

Tuesday, June 7 at 2:30 p.m.

THE SUNSHINE LADY'S CORNER

The Friends would like to reach out to members in time of need. The Sunshine Lady - Carol Lach - can help brighten their day and/or offer condolences. Please call the front desk at 508-532-5980, ext. 0 and leave a message. Your request will be forwarded to the Sunshine Lady who mails cards on behalf of the Friends of Callahan.

Congratulations and thanks to Joe Tosi on his Boston Marathon finish in 4 hours and 19 minutes. Joe ran with Team Framingham, raising funds for the Friends of Callahan in support of the Callahan Center's Continuing Connections program.



A NOTE FROM THE FRIENDS OF CALLAHAN

Now that summer is almost here, it's time to sit back and enjoy the well-earned warmth of the season. The Friends as a nonprofit 501(c)3 will continue to raise funds to support programs at the Callahan Center. The Friends are not able to do this alone. Volunteers are needed to help with upcoming events and fundraising. We could use help on our Ways & Means Committee and for an upcoming project that our Event Chair, Sheila Watnick, has been working hard in putting together.

We hope you will step forward and say "what can I do?"

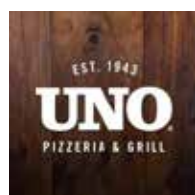
If you would like to volunteer some time to help out, please email us - callahan.friends@yahoo.com

As a final thought: "Life's most persistent and urgent question is, what are you doing for others?"

The Friends of Callahan - Mary Megill President



FRIENDS DINE-AROUND



UNO, Framingham

Wednesday, June 15

Summer is around the corner, and we are back at Uno Pizzeria & Grill, located on Rte. 9 East across from Shopper's World in Framingham. 20% of the food portion of your bill will be donated back to Friends of Callahan Center. Good for dine in, takeout or catering - NOT delivery. Outdoor seating available, weather permitting. Everyone who signs up at the front desk (508-532-5980) and participates will be registered for a chance to win a \$25 Gift Card to the restaurant. Pick up a Dine-Around Flyer at the Center or print one from Constant Contact to give restaurant staff when paying your bill. Flyer must be presented to ensure that 20% of the food portion of the bill will be

donated back to the Friends of Callahan. Winner agrees that first and last name can be used by the Friends of Callahan Center to announce the winner. Open 11:30 am-midnight. Telephone: 508-620-1816.

There are a limited number of \$25 Uno's Gift Cards for sale at the Callahan Center to benefit the Friends of Callahan Center. Call the front desk at 508-532-5980, ext. 0 for details.

To ensure that you receive updates from the Friends, please send your email address to: callahan.friends@yahoo.com



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Not a member of the
Friends of Callahan?
It's easy to join!



Fill Out Form

Membership is \$15.00 for individual and \$20.00 for couples.

Name _____

Date of Birth _____

Address, City, State, Zip _____

Email Address _____

Cell Phone _____ Home Phone _____

The Friends of Callahan Senior Center, Inc. Is a non-profit 501(c)3 organization.



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Aerobics are happy to get together after class.

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discounts
from some of
the eateries
in our
Framingham
area



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TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/22.

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Not valid on BK® Drivers or BK® App mobile ordering purchases. Limit one per customer. Not to be used with any other coupons or offers. Void where prohibited. Sales tax may apply. Cash value 1/100¢. This offer may not be available in all Burger King® restaurants, and participation may vary by restaurant. Not valid in PR, AK & HI or outside the U.S. Offer expires 6/30/22.

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www.mcdonalds.com

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Framingham, MA 01701

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- SALMON VNA & Hospice

Monday

Tuesday

CULTURAL SERIES PROGRAMS ON ZOOM

6/14, 1 pm - Juneteenth: The Destruction of Slavery in the Civil War,
Presented by Prof. Richard Bell

6/16, 1:30 pm - Great American Writers: Robert Frost,
Presented by Dr. Larry Lowenthal

6/27, 1 pm - Immigration & the Uneasy Making of Multicultural America,
Presented by Prof. Edward T. O'Donnell

FITNESS & DISCUSSION GROUPS ON ZOOM

Mindful Living & Meditation: Mondays, 10:30 am (\$3)
Chair Yoga: Tuesdays, 4:30 pm (\$3)
Conversation & Humor: Fridays, 12:30 pm
Travel Discussion Group: 6/8, 3:30 pm

SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION

Parkinson's Support Group: 6/7, 1 pm
Low Vision Group: 6/15, 11 am
Grandparent Support Group

8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Fitness Room \$2
9-4 Computer Room
9 Pinochle
9 Bocce, Dudley Rd. Bocce Court, weather permitting
9:30 Strength Training/Cardio \$3
10-4 Mary Make Do
10-11:30 Sports Fanatics
10:30 **ZOOM**: Mindful Living & Meditation \$3
12-3 Scrabble
12:30 Tai Chi with Jon Woodward \$4
1-4 Genealogy Group

6

8:30-7 Table Tennis
8:45 Contract Bridge
9-7 Fitness Room \$2
9-7 Computer Room
9 Golf at Southborough Golf Club
9 Pinochle
9:30 Aerobics, Free
10:30-1 Mah Jongg
11 Zumba \$3
12-3 Duplicate Bridge
12:30 Chair Volleyball
1-2 **ZOOM**: Parkinson's Support Group
2:30 Friends Board Meeting
3:30-7 Pool Tables
4:30-5:15 **ZOOM**: Chair Yoga \$3

7

8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Fitness Room \$2
9-4 Computer Room
9 Pinochle
9 Bocce, Dudley Rd. Bocce Court, weather permitting
9:30 Strength Training/Cardio \$3
10-4 Mary Make Do
10-11:30 Sports Fanatics
10:30 **ZOOM**: Mindful Living & Meditation \$3
12-3 Scrabble
12:30 Tai Chi with Jon Woodward \$4
1-4 Genealogy Group

13

8:30-7 Table Tennis
8:45 Contract Bridge
9-7 Fitness Room \$2
9-7 Computer Room
9 Golf at Southborough Golf Club
9 Pinochle
9:30 Aerobics, Free
10:30-1 Mah Jongg
11 Zumba \$3
12-3 Duplicate Bridge
12:30 Chair Volleyball
1 Bereavement Support Group
1 ZOOM: Juneteenth: The Destruction of Slavery in the Civil War, Presented by Prof. Richard Bell
1:30 COA Board Meeting
3:30-7 Pool Tables
4:30-5:15 **ZOOM**: Chair Yoga \$3

14

**CLOSED IN HONOR OF JUNETEENTH DAY**

20

8:30-7 Table Tennis
8:45 Contract Bridge
9-7 Fitness Room \$2
9-7 Computer Room
9 Golf at Southborough Golf Club
9 Pinochle
9:30 Aerobics, Free
10:30-1 Mah Jongg
11 Zumba \$3
12-3 Duplicate Bridge
12:30 Chair Volleyball
1-2 Parkinson's Support Group
3:30-7 Pool Tables
4:30-5:15 **ZOOM**: Chair Yoga \$3
6 The American Century-Part 1, Presented by Paolo Di Gregorio

21



8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Fitness Room \$2
9-4 Computer Room
9 Pinochle
9 Bocce, Dudley Rd. Bocce Court, weather permitting
9:30 Strength Training/Cardio \$3
10-4 Mary Make Do
10-11:30 Sports Fanatics
10:30 **ZOOM**: Mindful Living & Meditation \$3
12-3 Scrabble
12:30 Tai Chi with Jon Woodward \$4
1 ZOOM: Immigration & the Uneasy Making of Multicultural America, Presented by Prof. Edward O'Donnell
1-4 Genealogy Group



27

8:30-4 Table Tennis
8:45 Contract Bridge
9-7 Fitness Room \$2
9-7 Computer Room
9 Golf at Southborough Golf Club
9 Pinochle
9:30 Aerobics, Free
10:30-1 Mah Jongg
11 Zumba \$3
12-3 Duplicate Bridge
12:30 Chair Volleyball
1 Bereavement Support Group
1-4 Red Hat Honey Bees
3:30-7 Pool Tables
4:30-5:15 **ZOOM**: Chair Yoga \$3
6 Classics Around the World-Pt. 1, Presented by Pianist Sivan Etedgee



28

Wednesday	Thursday	Friday
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p> <p>1</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10-11:30 Grandparent Support Group 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group</p> <p>2</p>	<p>8:30-1 Pool Tables Open 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Rm. 9-1 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 10:30 Stretch with Anthony (previously recorded) 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>3</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 12 Better Breathers 1-3 Bingo 3:30 ZOOM: Travel Discussion Group</p> <p>8</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 2 Rainbow Jeopardy, Host & Emcee Julie Novak</p> <p>9</p>	<p>8:30-1 Pool Tables Open 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Rm. 9-1 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>10</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 11 Low Vision Support Group 1-3 Bingo</p> <p>15</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 12-1:30 Grandparent Support Group 1:30 ZOOM: Great American Writers-Robert Frost, Presented by Dr. Larry Lowenthal</p> <p>16</p>	<p>8:30-1 Pool Tables Open 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Rm. 9-1 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>17</p>
 <p>FRIENDS DINE AROUND UNO Route 9 East, across from Shoppers World 508-620-1816</p>		
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p> <p>22</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 2-3 Caregiver Support Group 1:30 From Schnitzel to Nockerln, Presented by Joy Viola</p> <p>23</p>	<p>8:30-1 Pool Tables Open 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 10:30-12 Callahan Knitters 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>24</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p> <p>29</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 1:30 Take Control of Your Future: A Legal Checkup, Presented by Attorney Philip Benjamin</p> <p>30</p>	



ELDER LAW WITH FRANK AND MARY

by **Arthur P. Bergeron**

*Arthur is an elder law attorney in the
Trusts and Estates Group at Mirick O'Connell.*

ELDER LAW FOR SINGLES

Whether you are widowed, divorced, or single, your estate planning and asset protection strategies are different from those of married people. Here are a few examples.

PROBATE AVOIDANCE

Typically, a couple owns their assets jointly, so if one dies, the other becomes the sole owner. If you're single, though, and you die owning assets without clearly designating your beneficiary(s), the assets must go through probate, which may cost your beneficiaries a lot of money (typically \$3K-6K) and a lot of time (at least a year) before assets can be distributed. If you worry about this, here are some simple tips:

- Create a revocable and amendable trust, make yourself the trustee, and transfer your assets to yourself as trustee. You'll keep complete control until you die, but following your death, the trust assets can be distributed immediately without probate.
- Name someone (typically a trusted child or friend) as a joint owner of your assets with you, and ask that person to distribute the assets after you die as you direct. However, this is not a perfect solution because this can expose the assets to risk while you are alive if the joint owner gets sued or divorced, and after you die, you are trusting the joint owner to do what you have asked. If you're comfortable with those risks, this is a really inexpensive way to avoid probate.
- Give assets away before you die, or name someone you trust as your Power of Attorney agent to do so if you get sick and it appears you may die soon. As long as you trust that person, you can keep control of your assets until just before you die while still avoiding probate. Finally, whatever you gave away before you died (even the day before) will be subtracted from your taxable estate and thereby reduce your estate tax. And remember, unless you are giving away a total of more than \$12M during your lifetime, there is no gift tax.

ASSET PROTECTION

If you're worried that you may inadvertently end up leaving all your money to a nursing home, then the only way to protect any assets you want to save is to give them away and wait five years. You could also transfer the assets to your most trusted child as trustee of an irrevocable trust. This strategy also ends up avoiding the probate process (see above), and you could also structure this to avoid estate taxation.

The point, though, is that your estate plan options are different when you are single, so if you are widowed, divorced, or single, you should review your plan with an elder law attorney. For more information, visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on AFTV (Verizon 43; Comcast 9), along with "Frank and Mary in Framingham," where Grace O'Donnell and I address common issues facing seniors and available resources. If you have any questions, please contact me at **(508) 860-1470** or abergeron@mirickoconnell.com.



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Game answers for this issue will be published in next month's issue.

Answer to Previous Sudoku

5	6	9	3	8	7	4	1	2
1	8	3	2	4	9	5	6	7
7	4	2	1	5	6	3	8	9
8	3	1	7	9	2	6	5	4
9	5	7	4	6	8	1	2	3
6	2	4	5	1	3	7	9	8
2	1	8	6	7	4	9	3	5
3	7	5	9	2	1	8	4	6
4	9	6	8	3	5	2	7	1

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

9								
7	6	8	9					
	3	4		1				
6		3		7				
			2	3		7		
			1			6		
		9	8				2	
	2						3	
8	1		7					

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DIFFICULTY: ★★☆☆☆

CROSSWORD PUZZLE

ACROSS

- 1 N. Caucasian language
- 5 SW US cotton
- 9 Heir
- 12 Edible root
- 13 Of the mouth
- 14 Unclose
- 15 King of Israel
- 16 Corded fabric
- 17 Article (Fr.)
- 18 Explosive letters
- 20 Revers
- 22 Hellas
- 25 Outer (pref.)
- 26 Bill
- 27 Shak. contraction
- 29 One of the Harpies
- 33 River of Shakespeare
- 35 Dead on arrival (abbr.)
- 37 Incursion
- 38 Fr. author
- 40 Wine cup

- 42 Never (Ger.)
- 43 Kind of lettuce
- 45 Abbey (Sp.)
- 47 Hog's guts
- 50 Nat'l Endowment for the Arts (abbr.)
- 51 Scot. alder tree
- 52 Javanese carriage
- 54 S. Afr. assembly
- 58 Frost
- 59 Journey (Lat.)
- 60 Us dam
- 61 Fluidity unit
- 62 Fat (pref.)
- 63 Nat'l Aeronautics and Space Admin. (abbr.)

DOWN

- 1 Caribbean lizard
- 2 Burmese knife
- 3 Individual

ANSWER TO PREVIOUS PUZZLE

C	O	N	F	T	A	E	N	O	F	F
A	L	O	E	A	B	B	A	M	A	L
T	E	R	M	F	I	S	T	A	D	A
	S	A	H	I	B	A	A	R	O	N
A	M	E	L	I	A	A	N	G		
C	O	M	E	T	R	E	T	I	C	L
E	N	A		O	E	C		O	I	L
R	A	N	I	N	T	O	B	A	N	J
	N	A	B		N	I	L	G	A	I
I	M	A	G	E	S	A	B	E	R	
A	A	L		V	O	L	A	X	E	M
G	A	B		U	D	I	C	I	S	A
O	M	A		S	A	M	P	A	S	A

- 11 Headland
- 19 Noncommissioned officer (abbr.)
- 21 Wing (pref.)
- 22 Growl
- 23 Dream (Fr.)
- 24 Black
- 28 Poly. beefwood
- 30 Acquire
- 31 53 (Rom. numeral)
- 32 Concert halls
- 34 Salt
- 36 Sea lettuce
- 39 Pure thought
- 41 Presidential nickname
- 44 Declare
- 46 Brother of Moses
- 47 Filament
- 48 Raguish
- 49 Dirk
- 53 Cotillion attendee
- 55 Amer. Automobile Assn. (abbr.)
- 56 Exclamations of delight
- 57 Goddess (Lat.)

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
			18	19		20		21		
22	23	24			25					
26			27		28		29	30	31	32
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38			39		40		41		42	
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47	48	49				50				
51				52		53		54	55	56
58				59				60		
61				62				63		

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A102



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Janice Berte

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CALLAHAN COURIER FRAMINGHAM *on the go!*

NEWS & ACTIVITIES | VOLUME 10, NO. 6, JUNE 2022

Callahan Senior Center
535 Union Avenue
Framingham, MA 01702



CARRIAGE HOUSE AT LEE'S FARM

A NORTHBRIDGE ASSISTED LIVING COMMUNITY

What's really special here about Carriage House is the way everyone, from the director to the folks who serve in the dining room, know the individual residents. **They know my parents**, they know what they like, **and they make them feel right at home.**

Carriage House was a great choice for my parents, my mom is doing more things here than she ever did in her life!

- Gloria C. // resident daughter

For more information: 508.358.2800
or email: jessica@carriagehousewayland.com

Independent Living | Assisted Living | Avita Memory Care

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